

Rainier Beach Pool SWIMMING LESSONS January 7– April 7th

Registration Begins:
Online:
In Person:
By Phone:

December 4th at 12 noon
www.seattle.gov/parks
8825 Rainier Ave S.
206.386.1925

PARENT & CHILD AQUATICS

Ages: 6 months - 4 years

American Red Cross Parent and Child Aquatics introduces you and your child to basic swimming skills. As parents, you learn how to safely work with your child in the water and how to prepare and encourage your child to participate fully and try the skills offered. In addition, everyone is introduced to water safety topics along with songs, games and lots of fun. Each child must be accompanied in to the water by a parent or adult. Swim diaper or tight fitting plastic pants are required.

THREE-YEAR-OLD LESSONS

Age: 3 years old

We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

FAMILY LESSONS

Age: 4-8 years old

Learn beginning swimming skills with your own child in a fun and relaxed atmosphere. Some of the skills covered include breath control/rhythmic breathing, kicking, floating, beginner stroke work, and lifejacket safety. Parent/guardian does NOT have to know how to swim but must be in the water with their child.

KINDER LESSONS

Ages: 4 & 5

Participants start with basic water adjustment and advance through front and back floats, flutter kick, rolling from front to back, side breathing, crawl stroke with side breathing, backstroke, whip kick, treading water, diving, and water safety skills. On the first day of class, children are sorted into groups by ability with a 6:1 student to instructor ratio to ensure safety and quality.

BEGINNING SWIMMER LESSONS

Ages: 6 - 16

Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. This class mainly focuses on floating, gliding and kicking, crawl stroke with side breathing, elementary backstroke, backstroke, whip kick, breaststroke, treading water diving and more water safety skills. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

SPECIAL POPULATIONS LESSONS

Ages 6-17

These are individual or small group lessons for children with special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool for registration.

ADVANCED SWIMMER LESSONS

Ages: 6 - 16

Prerequisite: Swimmers must have passed Beginning Swimmer, be comfortable in deep water, and swim 25 yards of strong crawl stroke, backstroke, whip kick, and dolphin kick. Advanced swimmer adds breaststroke, butterfly, and backstroke along with longer distances and stroke refinement.

Participants who do not meet this prerequisite will be dropped from the course and moved to a Beginning Swimmer class, if space is available. Pretests are available during Public Swims.

ADULT STROKE DEVELOPMENT

Ages 16 and up

In this course, you will refine swimming strokes and build endurance. Whether you want to train for a triathlon or become better at swimming laps for fitness, this is the class for you! Deep water comfort and ability to swim 25 yards (length of the pool) without stopping is required.

ADULT LESSONS

Ages 16 and up

All ability levels welcome! Small groups with similar goals are arranged so instruction can focus on the basics all the way to learning a variety of strokes and water safety. Enjoy exploring the possibilities while developing lifelong and lifesaving skills.

CLOSURES: January 21st for Martin Luther King Jr. &

February 18th for President's Day & April 4th for Staff Development

REFUNDS, WITHDRAWS AND TRANSFERS

Partial prorated refunds are available if you drop a class **prior to the second lesson of the session**. \$5 or 10 % withdraw fees apply. These fees apply to any withdraw, even if you wish to register for an alternate class. Full refund is issued if Parks cancels a program. More information on refund policy is available on request.

We reserve the right to cancel any program that does not have the minimum number of participants enrolled.

Class	Days	Start Time	End Time	Start	End	# Classes	Cost	Barcode
Parent and Child Aquatics Ages 6 months old to 4 years old	Monday	10:00 AM	10:30 AM	1/7/19	4/1/19	11	\$88.00	12677
	Monday	6:00 PM	6:30 PM	1/7/19	4/1/19	11	\$88.00	12678
	Tuesday	10:00 AM	10:30 AM	1/8/19	4/2/19	13	\$104.00	12698
	Tuesday	5:30 PM	6:00 PM	1/8/19	4/2/19	13	\$104.00	12699
	Wednesday	10:30 AM	11:00 AM	1/9/19	4/3/19	13	\$104.00	12385
	Wednesday	6:00 PM	6:30 PM	1/9/19	4/3/19	13	\$104.00	12414
	Thursday	10:00 AM	10:30 AM	1/10/19	3/28/19	12	\$96.00	12415
	Thursday	5:30 PM	6:00 PM	1/10/19	3/28/19	12	\$96.00	12416
	Friday	10:00 AM	10:30 AM	1/11/19	4/5/19	13	\$104.00	12417
	Friday	5:30 PM	6:00 PM	1/11/19	4/5/19	13	\$104.00	12418
	Saturday	9:00 AM	9:30 AM	1/12/19	4/6/19	13	\$104.00	12419
	Saturday	9:30 AM	10:00 AM	1/12/19	4/6/19	13	\$104.00	12420
	Sunday	9:30 AM	10:00 AM	1/13/19	4/7/19	13	\$104.00	12421
	Sunday	10:00 AM	10:30 AM	1/13/19	4/7/19	13	\$104.00	12422
3 Year Olds	Monday	10:00 AM	10:30 AM	1/7/19	4/1/19	11	\$154.00	12679
	Monday	5:00 PM	5:30 PM	1/7/19	4/1/19	11	\$154.00	12680
	Monday	6:00 PM	6:30 PM	1/7/19	4/1/19	11	\$154.00	12681
	Tuesday	10:00 AM	10:30 AM	1/8/19	4/2/19	13	\$182.00	12700
	Tuesday	10:30 AM	11:00 AM	1/8/19	4/2/19	13	\$182.00	12701
	Tuesday	4:30 PM	5:00 PM	1/8/19	4/2/19	13	\$182.00	12702
	Tuesday	5:30 PM	6:00 PM	1/8/19	4/2/19	13	\$182.00	12703
	Wednesday	10:00 AM	10:30 AM	1/9/19	4/3/19	13	\$182.00	12388
	Wednesday	10:30 AM	11:00 AM	1/9/19	4/3/19	13	\$182.00	12423
	Wednesday	5:00 PM	5:30 PM	1/9/19	4/3/19	13	\$182.00	12424
	Wednesday	6:00 PM	6:30 PM	1/9/19	4/3/19	13	\$182.00	12425
	Thursday	10:00 AM	10:30 AM	1/10/19	3/28/19	12	\$168.00	12426
	Thursday	4:30 PM	5:00 PM	1/10/19	3/28/19	12	\$168.00	12427
	Thursday	5:30 PM	6:00 PM	1/10/19	3/28/19	12	\$168.00	12428
	Friday	10:00 AM	10:30 AM	1/11/19	4/5/19	13	\$182.00	12429
	Friday	10:30 AM	11:00 AM	1/11/19	4/5/19	13	\$182.00	12430
	Friday	5:00 PM	5:30 PM	1/11/19	4/5/19	13	\$182.00	12431
	Saturday	9:00 AM	9:30 AM	1/12/19	4/6/19	13	\$182.00	12432
	Saturday	9:30 AM	10:00 AM	1/12/19	4/6/19	13	\$182.00	12433
	Saturday	2:30 PM	3:00 PM	1/12/19	4/6/19	13	\$182.00	12434
	Saturday	3:00 PM	3:30 PM	1/12/19	4/6/19	13	\$182.00	12435
	Sunday	9:30 AM	10:00 AM	1/13/19	4/7/19	13	\$182.00	12436
	Sunday	10:00 AM	10:30 AM	1/13/19	4/7/19	13	\$182.00	12437
Kinder Ages 4-5 Years Old	Monday	10:30 AM	11:00 AM	1/7/19	4/1/19	11	\$110.00	12380
	Monday	4:30 PM	5:00 PM	1/7/19	4/1/19	11	\$110.00	12682
	Monday	5:30 PM	6:00 PM	1/7/19	4/1/19	11	\$110.00	12683
	Tuesday	10:30 AM	11:00 AM	1/8/19	4/2/19	13	\$130.00	12704
	Tuesday	5:00 PM	5:30 PM	1/8/19	4/2/19	13	\$130.00	12705
	Wednesday	10:00 AM	10:30 AM	1/9/19	4/3/19	13	\$130.00	12438
	Wednesday	4:30 PM	5:00 PM	1/9/19	4/3/19	13	\$130.00	12439
	Wednesday	5:30 PM	6:00 PM	1/9/19	4/3/19	13	\$130.00	12440
	Thursday	10:30 AM	11:00 AM	1/10/19	3/28/19	12	\$120.00	12441
	Thursday	5:00 PM	5:30 PM	1/10/19	3/28/19	12	\$120.00	12442
	Thursday	6:00 PM	6:30 PM	1/10/19	3/28/19	12	\$120.00	12443
	Friday	10:30 AM	11:00 AM	1/11/19	4/5/19	13	\$130.00	12445
	Friday	4:30 PM	5:00 PM	1/11/19	4/5/19	13	\$130.00	12446
	Friday	6:00 PM	6:30 PM	1/11/19	4/5/19	13	\$130.00	12447
	Saturday	9:00 AM	9:30 AM	1/12/19	4/6/19	13	\$130.00	12448
	Saturday	10:00 AM	10:30 AM	1/12/19	4/6/19	13	\$130.00	12449
	Saturday	2:30 PM	3:00 PM	1/12/19	4/6/19	13	\$130.00	12450
	Saturday	3:00 PM	3:30 PM	1/12/19	4/6/19	13	\$130.00	12451
	Sunday	10:30 AM	11:00 AM	1/13/19	4/7/19	13	\$130.00	12452

Class	Days	Start	End	Start	End	# Classes	Cost	Barcode
Beginning Swimmer Ages 6-16 Years Old	Monday	6:00 PM	6:30 PM	1/7/19	4/1/19	11	\$88.00	12684
	Monday	6:30 PM	7:00 PM	1/7/19	4/1/19	11	\$88.00	12685
	Tuesday	6:00 PM	6:30 PM	1/8/19	4/2/19	13	\$104.00	12706
	Tuesday	6:30 PM	7:00 PM	1/8/19	4/2/19	13	\$104.00	12707
	Wednesday	6:00 PM	6:30 PM	1/9/19	4/3/19	13	\$104.00	12379
	Wednesday	6:30 PM	7:00 PM	1/9/19	4/3/19	13	\$104.00	12403
	Thursday	6:00 PM	6:30 PM	1/10/19	3/28/19	12	\$96.00	12404
	Thursday	6:30 PM	7:00 PM	1/10/19	3/28/19	12	\$96.00	12405
	Saturday	10:30 AM	11:00 AM	1/12/19	4/6/19	13	\$104.00	12407
	Saturday	11:30 AM	12:00 PM	1/12/19	4/6/19	13	\$104.00	12408
	Saturday	2:30 PM	3:00 PM	1/12/19	4/6/19	13	\$104.00	12409
	Saturday	3:00 PM	3:30 PM	1/12/19	4/6/19	13	\$104.00	12410
	Sunday	10:00 AM	10:30 AM	1/13/19	4/7/19	13	\$104.00	12411
	Sunday	11:00 AM	11:30 AM	1/13/19	4/7/19	13	\$104.00	12412
	Sunday	11:30 AM	12:00 PM	1/13/19	4/7/19	13	\$104.00	12413
Advanced Swimmer Ages 6-16 Years Old	Monday	5:30 PM	6:00 PM	1/7/19	4/1/19	11	\$88.00	12686
	Tuesday	5:30 PM	6:00 PM	1/8/19	4/2/19	13	\$104.00	12708
	Wednesday	5:30 PM	6:00 PM	1/9/19	4/3/19	13	\$104.00	12382
	Thursday	5:30 PM	6:00 PM	1/10/19	3/28/19	12	\$96.00	12400
	Friday	6:00 PM	6:30 PM	1/11/19	4/5/19	13	\$104.00	12401
	Saturday	11:00 AM	11:30 AM	1/12/19	4/6/19	13	\$104.00	13337
	Sunday	10:30 AM	11:00 AM	1/13/19	4/7/19	13	\$104.00	12402
Special Population Ages 6-17 Years Old	Monday	4:00 PM	4:30 PM	1/7/19	4/1/19	11	\$88.00	12687
	Tuesday	4:00 PM	4:30 PM	1/8/19	4/2/19	13	\$104.00	12709
	Tuesday	6:00 PM	6:30 PM	1/8/19	4/2/19	13	\$104.00	12710
	Wednesday	4:00 PM	4:30 PM	1/9/19	4/3/19	13	\$104.00	12386
	Thursday	4:00 PM	4:30 PM	1/10/19	3/28/19	12	\$96.00	12453
	Thursday	5:30 PM	6:00 PM	1/10/19	3/28/19	12	\$96.00	12454
	Thursday	6:00 PM	6:30 PM	1/10/19	3/28/19	12	\$96.00	12455
	Friday	4:00 PM	4:30 PM	1/11/19	4/5/19	13	\$104.00	12456
	Friday	5:30 PM	6:00 PM	1/11/19	4/5/19	13	\$104.00	12457
Adults Ages 17 & up	Monday	11:30 AM	12:00 PM	1/7/19	4/1/19	11	\$88.00	12688
	Monday	5:30 PM	6:00 PM	1/7/19	4/1/19	11	\$88.00	12689
	Wednesday	11:30 AM	12:00 PM	1/9/19	4/3/19	13	\$104.00	12381
	Wednesday	5:30 PM	6:00 PM	1/9/19	4/3/19	13	\$104.00	12458
	Friday	11:30 AM	12:00 PM	1/11/19	4/5/19	13	\$104.00	12459
	Saturday	11:00 AM	11:30 AM	1/12/19	4/6/19	13	\$104.00	12460
	Sunday	11:30 AM	12:00 PM	1/13/19	4/7/19	13	\$104.00	12461
Adult Stroke Development Class	Tuesday	8:00 PM	8:45 PM	1/8/19	4/2/19	13	\$156.00	12712
	Thursday	8:00 PM	8:45 PM	1/10/19	3/28/19	12	\$144.00	12462
Senior Adult Ages 50 & up	Tuesday	11:30 AM	12:00 PM	1/8/19	4/2/19	13	\$104.00	12711
Pre-Competition	Friday	6:00 PM	7:00 PM	1/11/19	4/5/19	13	\$208.00	12387
Family Lesson	Saturday	10:30 AM	11:00 AM	1/12/19	4/6/19	13	\$104.00	12384

Women Single Gender Programs

Seattle Parks and Recreation is proud to offer single gender public swim and swimming lessons for women who, because of cultural or personal reasons, cannot swim in a co-ed environment. During these programs the windows to the pool are covered and only female instructors are employed for privacy.

Class	Days	Start Time	End Time	Start	End	# Classes	Cost	Barcode
Kinder Ages 4 and 5 Years Old (Girls Only)	Sunday	6:00 PM	6:30 PM	1/13/19	4/7/19	13	\$130.00	12717
Beginning Swimmer Ages 6-16 Years Old (Females Only)	Sunday	5:30 PM	6:00 PM	1/13/19	4/7/19	13	\$104.00	12715
Women & Teens 12 Year Old & up (Females Only)	Sunday	6:00 PM	6:30 PM	1/13/19	4/7/19	13	\$104.00	12719



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

YOU CAN BE A SUPER HERO TOO! As part of our ongoing commitment to water safety, Seattle Parks and Recreation—in partnership with Seattle Children's

Hospital and supplemented by donations from the community made to the You Can Be A Super Hero Too campaign—is offering scholarships to supplement the cost of swim lessons for youth ages 4 to 16.



Can you make a donation?

To make your donation to the Seattle Parks and Recreation swim lesson scholarship fund, visit any Seattle Parks and

Recreation swimming pool, or donate online to www.arcseattle.org/get-involved/. For more information, call your local pool or 206-684-7185. Be a hero and help every child become a super swimmer!

Lesson Tips of the Quarter

Attendance

Your children's learning relies on a lot of factors, including skill level, student-teacher relationships, class control to name a few. But, the greatest factor that we often forget is attendance. If a student is in class and actively participating, they will learn more.

The first thing that comes to mind when we are asked "Why can't my kid swim?" is whether or not the child has good attendance and properly engaged in class. Registration is not enough—following through with consistent attendance, active participation and paying attention will let you reap the benefits of your classes. Below are some other ripple effects of having good attendance.

Ripple # 1: ***It makes sure that every student fits their class.***

On the first day of lessons, we group kids together according to skill level and assign their teachers. Lately with some of our bigger classes, only half of all registered students show up. This does not let us see everyone's skill sets and the groupings end up wonky. When everyone shows up, it makes the process more effective and the students are set up for success.

Ripple # 2: ***The student obtains and retains skills better.***

The more we do things, the more they become natural to us. The more we practice, the better we get. The same is true in swim lessons. We want them there, and we want them to keep coming. That's the best way for them to get the practice and instructions they need to be safer and better when in the water.

These are quick and easy ways to help you, other patrons and the staff make sure that we achieve our aquatic goals. We are excited to have you here at Rainier Beach Pool and Community Center.

Happy Swimming!

Do you know a swimmer who needs a scholarship?

To learn more about applying or to receive a Low-Income Scholarship application, please speak to a front desk attendant.

Approved scholarships may be used for any swimming lesson, with additional funding available to Kinder, Beginning Swimmer, and Advanced Swimmer lessons.